

DO YOU HAVE INTERNET ADDICTION DISORDER?

The difference between technology and slavery is that slaves are fully aware that they are not free...Nassim Nicholas Taleb

WHAT TO KNOW!

- ❖ Internet Addiction Disorder (IAD) is an umbrella term for excessive or compulsive internet use that interferes with daily living and activities such as school and work
- ❖ Internet use becomes an addiction when you compulsively check in, look for a wifi/cell signal, post to facebook, etc. despite it having negative consequences in your life
- ❖ The DSM-5 includes Internet Use Disorder in a section on conditions for further study
- ❖ IAD appears to be related to Communication Addiction Disorder which is the necessity of being in constant contact with other people through Facebook, YouTube, Instagram, etc. despite there being no practical necessity for communication
- ❖ IAD includes cybersex, cyber relationships, net compulsions such as gambling and stock trading, information overload such as compulsive web surfing, and computer addiction such as compulsive playing of games like Solitaire
- ❖ People with IAD often suffer from depression and anxiety related disorders and use the internet to escape from stress, loneliness, unpleasant feelings, and problems
- ❖ According to the Center for Internet Addiction Recovery, over 60% of people seeking treatment for IAD engage in inappropriate sexual activities online and more than 50% are addicted to alcohol, drugs, sex, or cigarettes
- ❖ Recent research indicates that people with IAD use the internet an average of 38 hours a week for non-productive purposes resulting in poor grades, poor work performance, and relationship problems
- ❖ A study at Alfred University found that 43% of normally successful students with SAT scores of 1200-1300 had failed out of school due to extensive late night computer use
- ❖ Signs of IAD include losing track of time, isolating from friends and family, neglecting sleep to stay online, lying and being dishonest, not completing tasks, feeling guilty about internet use, and feeling a "high" while in internet activities
- ❖ Physical symptoms include strained vision, Carpal Tunnel Syndrome, headaches and backaches, sleep problems, weight gain or loss
- ❖ Behavioral Health Services at Bradford Regional Medical Center is the first hospital in the country to open an inpatient Internet Addiction treatment program
- ❖ "Digital Detox" is a treatment modality where patients are not allowed to use the computer or any internet connection for 72 hours and often have withdrawal symptoms including depression, irritability, anxiety, and violent behavior

WHAT TO DO!

- ❖ Admit that you have an internet addiction or dependency and that you are not alone
- ❖ Be honest with yourself and find a hobby or other interest that does not involve video games, cell phones, computers, iPads, or other electronics
- ❖ Be active and visit the library, book store, museum, theatre, or beach
- ❖ Help with home chores and complete your school and other work
- ❖ Hang out with friends in person and have a family night
- ❖ Limit your computer time and actually call people on the phone
- ❖ Strengthen your coping skills, physically exercise, and eat away from the computer
- ❖ Seek professional help to learn to use the internet positively and not compulsively

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

Joel I. Kimmel, Ph.D. P.A. and Associates
5571 N University Drive, Suite 101
Coral Springs FL 33067